



Airman 1st Class Michael Axom, 509th Communications Squadron, reviews his emergency data card with John Roberts, 509th Mission Support Squadron, while processing through an exercise deployment line Wednesday.

## Exercise keeps units prepared

By Senior Airman Shawn Clements  
Public Affairs

The 509th Logistics Readiness Squadron conducted the third of four local exercises Wednesday.

Many units here participated in this deployment training exercise.

"The objective is to exercise the mobility machine and provide hands on training to the tasked units, deployment work centers and wing augmentees," said Master Sgt. Charles Lawber, 509th LRS.

More than 100 people processed through the personnel deployment function. Four cargo pallets were loaded for the exercise.

"These training exercises help the units stay prepared in case a real world deployment pops up," Sergeant Lawber said.

Participants were also processed through the war readiness section and were issued chemical protection bags.

Medical control center members checked the medical eligibility of the participants while the personnel readiness unit checked other eligibility requirements.

The discrepancies that were found are used to identify the problems within the unit so they can be fixed, Sergeant Lawber said.

"Preparation and communication are the keys to a successful exercise," said 2nd Lt. Russell Rumley, 509th LRS installation deployment officer for this exercise. "We did well during the exercise, but we can always do better."

The last exercise of this series is scheduled for Feb. 9-11.



Photos by Senior Airman Shawn Clements

**Staff Sgt. Robert Kerner, 509th Maintenance Operations Squadron, packs a mobility bag at the war readiness center.**

## 9-Line Target



Stay prepared for the UCI

## News in Brief

### Three selected for promotion

**RANDOLPH AIR FORCE BASE, Texas** — The 2003A colonel, lieutenant colonel and major medical and dental corps boards selected 70 lieutenant colonels, 136 majors and 413 captains for promotion.

The Whiteman major-selects are **Cpts. Timothy Sullivan** and **Christopher Meyer**, 509th Medical Operations Squadron, and **Paul Tan**, 325th Bomb Squadron.

The entire list will be posted on the Air Force Personnel Center Web site at <http://www.afpc.randolph.af.mil> by Saturday.

### National Prayer Breakfast set

The annual National Prayer Breakfast begins at 7 a.m. Thursday at Mission's End. The speaker is Maj. Gen. Rayburn, Air War College commandant and Air University commander at Maxwell Air Force Base, Ala. As AWRC commandant, he directs and evaluates the post-graduate-level programs of the Air Forces's senior professional military educational institution.

The annual breakfast tradition began with the inaugural Presidential Prayer Breakfast in 1953. President Dwight Eisenhower, and members of the Senate and House prayer groups gathered to worship, pray, to seek divine guidance for the national leadership, and reaffirm their faith and dependence on God.

Since it began, the breakfast has been observed in every state and on virtually every U.S. military installation in the world. The cost is \$5 for civilians, and staff sergeants and below, and \$7 for others. Tickets are available though the first sergeants or the chapel.

### Awards Ceremony scheduled

The 509th Bomb Wing annual awards banquet begins at 5:30 p.m. Feb. 20 at Mission's End. Attire is mess dress or semi-formal for military, and coat and tie for civilians. The cost is \$15.95 for members and \$17.95 for nonmembers. See a first sergeant for more details or to register.

### Claims notice

Brig. Gen. Doug Raaberg, 509th Bomb Wing commander, regretfully announces the death of Airman Christopher Chapell, 509th Aircraft Maintenance Squadron. Anyone having claims against or indebtedness to Airman Chapell's estate should call 2nd Lt. Christian Paasch, 509th AMXS summary courts officer, at 687-3822.



# What do you carry in your wallet?

By Maj. Clayton Perce

509th Communications Squadron Commander

The people we hang out with say a lot about us. Lucky for us we have the opportunity to hang out with people who are world-class experts at living the Air Force core values, making it happen and making it better! But, the items in our wallets also say a lot about us.

These are the things we choose to carry with us daily, and they tell a tale to anyone who would look. With that in mind, here are some thoughts on the stuff we can find in our wallets.

The first thing I notice when I look in my wallet is my military identification card. Yours may be an active-duty, Reserve, Guard, dependent or retiree card, but it still says the same thing: this is a person who supports the military and what the military does for the United States.

Looking at my card, a couple things stand out. The Air Force seal on the front clearly identifies me as an airman — doing my best and making airpower happen. On the back is my blood type. It's only a couple of characters long, but it speaks volumes. My blood type reminds me of the military members who've gone before me and shed blood on behalf of the nation. It reminds me to drive carefully ... too many airmen have needed blood transfusions because they were rushing and got into an accident. It also reminds me to roll up my sleeve at base blood drives and share with those in need.

The next thing in my wallet is my driver's license. For many of us, the most important thing it says is how old we are. We all know the legal drinking age is 21. 'Nuf said. Take a minute though and look at the back of your driver's license; many states put organ donation information on



Photo by Master Sgt. Mike Nixon

**Maj. Clayton Perce, 509th Communications Squadron commander, listens to Staff Sgt. Michael Tucker, 509th CS, talk about the defense messaging system.**

there. Discuss organ donation with your next of kin and have two witnesses sign.

I've got my Airmen Against Drunk Driving card in my wallet with my cash, so I see it whenever I pull money out. If you don't have an AADD card in your wallet or on your key chain, write these numbers down and stick them in your wallet: 687-RIDE (7433) and toll free 877-518-6802. I know you can call these numbers anytime, and get a ride for yourself or someone you're helping out. More than

See **WALLET**, Page 5

# Make fitness an ongoing resolution

By Courtney Campbell

5th Services Squadron

**MINOT AIR FORCE BASE, N.D. (AFPN)** — Every new year, the gym fills up and aerobic classes overflow with new faces eager to make a change. Thousands of Americans decide to get fit and lose weight, and what better time because the new year is a time for new beginnings.

But when February rolls around, most of these new year's "resolutionaries" give up and wait to try it again next year. Why does this happen to so many people every year? We are a society that demands instant gratification and results, but deciding to make fitness a part of a new year's resolution has to include a lifestyle change.

These tips can help you not give up on this resolution.

First, change your attitude about fitness. All too often, people think of exercise as punishment — painful, time consuming and obligatory. If this is how you feel, you've already set yourself up for failure. Instead, think of it as a chance to unwind from a stressful day; a little time all to yourself and a way to improve your quality of life.

If you're a beginner, start small. Try walking for 30 minutes three or four times a week. Take the stairs instead of the elevator and park in the back row of the parking lot. Aerobic programs on many bases also offer a "getting started" class. Once you're ready to increase your fitness level and need more of a challenge, pick a sport or activity that piques your interest. Try a kickboxing class, use a rock climbing wall, or train for a five- or 10-kilometer run.

Choose an exercise buddy to hold you accountable, motivate and encourage you. If your buddy can't make a workout session, you should still go. Stay the course and get your

workout done. Experts say anything done for 21 days is habit forming and when done for six months, becomes part of your personality. And don't forget, you will be motivating and encouraging your buddy at the same time.

Schedule your workouts as you would any other appointment and commit to them. Make it a convenient time like when the kids have left for school or as soon as you get off work. If your job allows you time to work out during the day, take advantage of the time. You will go back to work feeling rejuvenated.

Use the facilities you have around you, like the base gym and its excellent equipment. There are always a variety of group fitness classes, including step aerobics, spinning, kickboxing, yoga and Pilates to pick from.

Set attainable goals for yourself and write them in a journal. Track your progress, workouts and meals in it. This gives you a visual record of your strengths and weaknesses and acts as a guide to show you where you need to work a little harder or make course corrections.

If your goal is to lose weight, avoid getting on the scale day after day. Your weight fluctuates as much as eight pounds between morning and night. You may be retaining water or it may be that you have added on lean muscle mass, which weighs more than fat. Do an initial weigh in and taping, then repeat this every six weeks to check your progress. In between weigh-ins, depend on the mirror and the way your clothes fit to see if you're making positive strides.

Be prepared to work out whenever you have time. Keep a gym bag packed and readily accessible so you don't have to scramble before a workout. Pack your lunch to avoid the trip through the fast food drive through. If you get the munchies, load your office fridge with healthy snacks and

## Niner Line

Dial 687-3119 or e-mail  
9rl@whiteman.af.mil

Whiteman's Niner Line provides a communication channel for you to obtain information and assistance in making Whiteman a better place to live and work.

Before calling the Niner Line, please try to resolve your particular problem with the responsible base agency.

If you've exhausted all the normal avenues to resolve the situation, then feel free to call Brig. Gen. Doug Raaberg, 509th Bomb Wing commander, at 687-3119 or e-mail 9rl@whiteman.af.mil.



Photo by Staff Sgt. Francesca Popp

**Base members use workout equipment at the fitness center during their lunch hour.**

water. Be prepared for minor setbacks that can hinder your workout and diet, like sickness or schedule changes. Make adjustments if you can, or simply pick back up where you left off.

Learn healthy eating habits. Eat at least five servings of fruits and vegetables and drink eight eight-ounce glasses of water a day. Switch to whole wheat and whole grain breads, rice and pasta. Also, eating a variety of healthy, natural foods helps the body to recover from workouts faster and allows you to train harder. Don't skip meals. It can slow your metabolism and hinder weight loss. Health and Wellness Centers have pamphlets on healthy eating.

Now it's up to you. Check out what the gym offers, pick a couple of group fitness classes to participate in and stock your cabinets and refrigerator with healthy food choices. Don't be afraid to ask questions. If you're unsure about exercises or machines at the gym ask the staff for help. If you're not sure which aerobic class is for you, ask an instructor.

Go and do it. You will love the way you feel.

## Editorial Staff

**509th BW Commander** ..... Brig. Gen. Doug Raaberg  
**Chief, Public Affairs** ..... Maj. Don Langley  
**NCOIC, Internal Information** ..Staff Sgt. Francesca Popp  
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**The deadline for article submissions to the Whiteman Spirit is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submission doesn't guarantee publication.**

For more information, call the *Whiteman Spirit* office at 687-6133, fax us at 687-7948, e-mail: whiteman.spirit@whiteman.af.mil or write to us at:

509th BW/PA, 509 Spirit Blvd. Ste. 111  
Whiteman AFB, Mo. 65305

# Wing announces quarterly award winners

By Airman 1st Class Joe Lacdan  
Public Affairs

## Company Grade Officer

Capt. Jason Fick is the Company Grade Officer of the Quarter for October-December.

The 509th Communications Squadron Mission Systems Flight commander's coordination led to a 99.4 percent uptime rate for base communications systems, and zero lost sorties and takeoffs. Capt. Fick produced flawless sensors during December's Nuclear Surety Inspection, the first to do this in Air Combat Command history. He also helped lead a 256-line phone switch upgrade.

His airmen earned the wing's excellent security support rating. Capt. Fick is currently enrolled in the Marine Corps Command and Staff College.

Off duty, Capt. Fick volunteered 15 hours directing traffic and safety support and also volunteered 15 hours as a base property disposition officer.

## Senior NCO

Senior Master Sgt. Charles Canoy is the Senior NCO of the Quarter for October-December.

The 509th Munitions Squadron special weapons flight chief directed a 78-person flight through the largest weapons maintenance cycle in wing history.

Sergeant Canoy helped contribute to the wing's satisfactory rating during the Nuclear Surety Inspection. He helped design 20 wing exercises and directed support of design engineers in developing a new common organizational level tester that will save more than 240 man-hours annually.

As nuclear weapons custodian, Sergeant Canoy also provided accurate accountability for the wing in operational use and employment of special weapons stockpile. Off duty, Sergeant Canoy helped organized the squadron's Thanksgiving party.

## NCO

Tech. Sgt. Samuel Simmons is the NCO of the Quarter for October-December.

The 509th Operations Support Squadron member filled a vacant senior master sergeant position and maximized use of manning despite having only 40 percent of his staff available. He produced two weather flight briefings for the Global Guardian exercise.

He also contracted a new satellite support agreement, tripling production and saving the wing \$2,000 annually.

Off duty, Sergeant Simmons has volunteered 70 hours to his church as a grounds keeper and property committee member. He also created an NCO induction ceremony.

## Airman

Senior Airman Amanda Rodriguez is the Airman of the Quarter for October-December.

The 509th Operations Support Squadron aviation resource manager managed 300 active, inactive and reserve flight record folders. Airman Rodriguez maintained 100 percent accountability of crews during the Global Guardian exercise.

As a status of resource and training systems monitor, she revamped a deficient program in three days.

Off duty, Airman Rodriguez was the squadron's food basket coordinator and helped organize a Thanksgiving dinner for 25 airmen and their families.



## Honor Guard

Airman Lindsay Trotter is the Honor Guard Member of the Quarter for October-December.

The 509th Munitions Squadron munitions scheduler is the assistant trainer of the Whiteman Honor Guard's C Team. She flawlessly performed eight details and presented the colors at five base events.

Airman Trotter was selected as the 509th MUNS Data Integrity Team monitor. She also filled in as the squadron's lead scheduler for one week. She managed the daily maintenance scheduling effectiveness rates. Airman Trotter maintained a 96.8 percent effectiveness rate, exceeding the ACC standard of 95 percent. She processed 80 rotary launcher assembly build-up sheet updates during a recent revision to a single operational plan.

Airman Trotter is currently pursuing a Community College of the Air Force degree in children's psychology.



## Manager

Pat Martinez is the Manager of the Quarter for October-December.

The 509th Civil Engineer Squadron environmental protection specialist is the resource, recovery and recycling manager. Through her coordination, recyclables profits went up 57 percent in fiscal 2003. Mrs. Martinez raised \$40,000 in base revenue by locating a new market for fuel resale.

She was recognized as a top performer in the ACC external Environmental, Safety and Occupational Health Compliance Assessment Management Program.

Off duty, Mrs. Martinez is an executive board member



of West Central Missouri Solid Waste District and helps resolve region waste concerns.

## Associate

Michelle Hardy is the Associate of the Quarter for October-December.

The 509th Services Squadron accounting member managed the Morale Welfare and Recreation fund and the base lodging fund. Mrs. Hardy's systematic and timely accounting allows managers to make changes to better serve customers.

Mrs. Hardy also maintains and reconciles nonappropriated bank funds daily. She is currently working towards an associate's degree in management study.

Off duty, Mrs. Hardy is a Boy Scout and Girl Scout leader, and participates and volunteers in squadron events such as gift-wrapping during the holidays.



## Laborer/Craftsman

Bernard Jones is the Laborer/Craftsman of the Quarter for October-December.

The 509th Civil Engineer Squadron sign designer and painter operated Whiteman's sign shop. Mr. Jones completed 200 work orders and achieved 100 percent ACC compliance.

Mr. Jones replaced several B-2 dock signs. Jones also helped decrease the response time of emergency staff by providing positive identification of critical facilities.

Off duty, Mr. Jones supports booster club fundraisers including one that raised \$300 for the squadron's annual holiday event.



## Volunteer

Christine Kline is the Volunteer of the Quarter for October-December.

Mrs. Kline spent more than 106 hours researching possible fundraising activities, calculating funds from fund-raising events and organizing events. She helped coordinate a cookie dough sale which totalled \$7,681.50 in profits.

She also supports Whiteman Elementary School events. During the holidays, Mrs. Kline organized the Secret Santa Store which allowed students to purchase gifts for friends and family at a low cost. She also helped organize a T-shirt sale which brought in a \$163 profit.

Christine's husband is Staff. Sgt. Kenneth Kline, 509th Civil Engineer Squadron.



Team Whiteman Monthly Flying Goals					
	325 BS	393 BS	394 CTS	442 FW	1/135 AHB
Goal	262.0	252.0	297.5	380.0	148.0
Flown	203.5	202.4	305.2	261.9	155.0
Remaining	58.5	49.6	0.0	118.1	.
29 Jan 04					
Ahead/Behind	-34.5	-14.6	+43.5	.	+7.0

## This week in Whiteman history

1944 — Seven hundred and sixty-three heavy bombers, led by pathfinder aircraft, hit the war industries at Frankfurt. Another 46 bombers hit Lutdwigshafen as a target of opportunity when the aircraft deviated from the bomb route.



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## Tax office offers assistance

The Whiteman Air Force Base Tax Assistance Office opens for business Monday. Operating hours are 8 a.m.-4 p.m. weekdays. The office is located in Bldg. 705 at 930 Arnold Ave. in the 509th Bomb Wing Visitor Work Center entrance.

Taxpayers can call the tax office at 687-3799 to schedule an appointment for tax assistance.

Volunteer Income Tax Assistance representatives are available to help taxpayers prepare 2003 tax returns. Volunteers are only trained to help with 1040 E-Z, 1040A and basic 1040 forms. Besides VITA volunteers, most squadrons have one or more unit tax representatives available to help squadron members.

The unit tax representatives are:

**509th Aircraft Maintenance Squadron** — Tech. Sgt. Reginald Nelson

**509th Bomb Wing** — Chief Master Sgt. Roy Erickson, Master Sgt. John Vassallo, Tech. Sgts. Mary Moten, Theresa McDaniels and Deborah Jackson, and Andre Thomas

**509th Civil Engineer Squadron** — Master Sgt. Thomas Carrigan, Tech Sgt. Kenneth Curtis, and Airmen 1st Class Curtis Dorn and Christopher Stigall

**509th Communications Squadron** — Master Sgt. Theodore Thomas

**509th Contracting Squadron** — Tech. Sgt. Sue Myers

**509th Comptroller Squadron** — Senior Master Sgt. Kenneth Gold, Master Sgt. Christine Fausnight and Airman 1st Class Sharath Venkatachalapathy

**509th Logistics Readiness Squadron** — Master Sgt. Luz Nixon, Tech. Sgt. Steven Eggers, and Staff Sgts. Daniel Green and Angela Stone

**509th Medical Group** — Master Sgt. Darrin Wilbanks, Tech. Sgt. Marc Funston, Stephen Parrish and Brian Nash

**509th Munitions Squadron** — Staff Sgt. Melissa Sprague

**509th Maintenance Squadron** — Master Sgts. Deborah Garcia and Jim Laughlin,



Photo by Senior Airman Shawn Clements

**Lisa Brandau, tax office volunteer, discusses tax issues with Deana Barylski, 509th Bomb Wing.**

Tech. Sgt. Tania Hollinshed and Airman 1st Class Brad Dugan

**509th Operations Support Squadron** — Master Sgts. Pierre Charles and David Walker

**509th Security Forces Squadron** — Airman 1st Class Deborah Gaudet

**509th Services Squadron** — 2nd Lt. Rosanna Wadkins

**72nd Test and Evaluation Squadron** — Master Sgts. Jeffrey Folsom and Roscoe VanAusdall

**325th Aircraft Maintenance Unit** — Staff Sgt. Jayson Barros

There will be a limited number of tax forms and publications available at the office. Forms and publications are available online at <http://www.irs.gov>. Additionally, customers must provide copies of required documents to submit to the Internal Revenue Service because the tax advisers can't make copies at the tax center.

Contact your unit tax representative before scheduling an appointment at the tax office. If you don't have a unit tax representative, you can call the Whiteman Tax Office directly at 687-3799 to schedule an appointment. **(Courtesy of the 509th Bomb Wing Legal Office)**

## Airman trades stripes for ASCP

**By Senior Airman Shawn Clements**  
Public Affairs

Airman 1st Class Philip James, 509th Aircraft Maintenance Squadron, will be trading his stripes for bars.

Airman James was selected for the Airman Scholarship and Commissioning Program Dec. 23.

"I was really excited when I found out I was selected," Airman James said. "I went home and called my mother, Pauline. She was in tears when I told her."

The Florida native has wanted to become an officer for the past five years.

"The reason I wanted to be an officer is that I want to be a pilot," Airman James said. "My mother and brother, Albert, always supported my dream."



Airman James said he didn't have an easy road to his selection.

"It was hard getting everything I needed for the package. The hardest thing was the Air Force Officer Qualifying Test," Airman James said.

The avionics specialist didn't do this work alone. He said help from Senior Master Sgt. James Askren, 509th AMXS, Cathy Brogan and Larry Broderick, education office, made this possible.

Airman James will attend Embry Riddle Aeronautical University in Daytona Beach, Fla.

"I chose Embry Riddle because it's the top aeronautical school in the United States," Airman James said.

He will study aeronautics when school starts in August.

Check out the news online at  
<http://www.whiteman.af.mil/news.htm>

# WALLET, continued from Page 2

anything else in your wallet, this card saves lives!

I carry very little cash in my wallet. I find that carrying more cash means I make more impulse purchases, preventing me from saving money. I also worry about losing my wallet or being robbed. I can cancel my credit cards and replace most of the other stuff in there, but cash is irreplaceable. Does money seem to evaporate out of your wallet? If someone stole your wallet, would it hurt? If so, you may be carrying too much cash.

The credit cards I carry are the most dangerous things in my wallet. They're easy to abuse, and once that balance gets too high it can be nearly impossible to get out from under the debt. If you're in that situation, don't hesitate to get help. We've got financial counselors on base — at the family support center and in many units. Get with them or with your first sergeant, but get some help! There are two credit cards in my wallet that deserve special comment. One is my club card. I love the discounts I get at services facilities when I use my card. And, I love the club itself. For all of us here, it's a great place to meet and a great place to eat. The other card is my government travel card. We're the best in the command at paying our bills on time and using our cards for

official travel only. Thanks for doing your part!

Looking at the receipts in my wallet, I have a couple thoughts. First, I wonder if I'm spending my money wisely ... if I'm buying too much junk food and not enough fruit! Second, I'm reminded of the benefits we get when we carry that military ID card. The commissary is an incredible benefit for us — last time we checked, my family saved almost 25 percent a month compared to shopping off base. I also love being able to shop tax-free at the base exchange and shoppette.

Other things in my wallet bring more military benefits to mind. I've got my base library card, which gives me access to every book, magazine and video in the Department of Defense library system, as well as a ton of resources on the Internet. I've got my Tricare card, with all the phone numbers I need to get health care service, anywhere. And, I've got the combination to the padlock I use at the fitness center. Of course, with the new Air Force fitness program I'm using that lock a lot more.

There are two important cards in my wallet, though, that I still use for reference again and again. The first is my unit personnel reliability program card. Many of us here

perform duties that require the highest possible standards of reliability. My PRP card reminds me of those duties and provides a list of over-the-counter medications I can take without medical evaluation. My nuclear surety quick-reference card also provides me with key phone numbers and information whenever I need it.

Finally, I carry a rights advisement card in my wallet. One side has the statement I read to military members and the other has a similar statement for civilians. Obviously, this card says a lot. "Reading your rights" is a significant emotional event for all involved, and the card expressly reminds us of the right to remain silent, the right to consult a lawyer and have a lawyer present during questioning, and the right to free legal council. But on another level, this card reminds us of exactly why we carry our military ID cards. Americans are given these rights under the Fifth Amendment to the Constitution. Americans keep them because of us.

So, what's in your wallet? Are you proud of what's in there? You should be! Or, are you carrying around something you wouldn't want your mom, the gate guard or your first sergeant to see? Either way, the choice — and what it says about you — is your own.

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Photo by Airman 1st Class Joe Lacdan

**Sandy Wick, wife of retired Chief Master Sgt. Clifford Wick, talks to Chelley Plowman about third party health insurance.**

## MTFs seek patient insurance information

**By Tech. Sgt. William Barfknecht**  
509th Medical Group

The 1991 National Defense Appropriation Act enables military treatment facilities to bill third-party health insurance carriers for the cost of medical care given to retirees and family members covered by civilian health insurance companies, except Medicare and Tricare.

MTFs are required to bill people for services such as inpatient stays and clinical visits. This includes prescriptions, radiology and laboratory tests requested by civilian providers.

Public law requires MTFs to ask non active-duty patients to determine if they have insurance. The clinic uses the *Third Party Collection Program-Record of Other Health Insurance*, or Department of Defense Form 2569, to collect this information during appointments.

While other health insurance coverage isn't necessary for Tricare-eligible patients, reporting health insurance coverage doesn't reduce or limit access to care. There is no preferential treatment based on the type of policy or having other health insurance.

Patients won't be billed by the MTF for the deductible or any balance remaining after the insurance company pays. In fact, reporting insurance information during MTF visits may satisfy most insurance company's annual deductible without an out-of-pocket expense to the patient. This can represent significant savings if you require future treatment in a civilian facility within the specified year.

Providing this information also helps the clinic improve health care services and facilities. The money from insurance collections is used for medical equipment, supplies, renovations and continuing health education.

For more details about the third-party collection program, call the 509th Medical Group Resource Management Office at 687-2182.

## Tell them you care

Send a message to the loved ones in your life!

The Whiteman Spirit wants to print your Valentine messages in the Feb. 13 issue. Notes can be submitted by e-mailing the Whiteman Spirit at [whiteman.spirit@whiteman.af.mil](mailto:whiteman.spirit@whiteman.af.mil), and write "Valentine Note!" in the subject line, or delivered to the newspaper office in Bldg. 509, Suite 111.



A message collection box located in front of the base exchange through Feb. 10. Notes must be 20 words or less and in good taste.

Call 687-6133 for more information.

\*NOTE\* Be sure to include your name, phone number and whether the note is for a deployed member and if you'd like to include a photo of that person.

# Insurance safeguards personal property

Whether you live on base or rent off base, it's wise to have renter's insurance. Waiting until you lose everything to fire, flood or theft is the wrong time to wonder if you should have gotten coverage. It's just like waiting to buy life insurance; by the time you need it — it will be too late!

Renter's insurance is inexpensive and can cover your personal property, accidental injury in your home, food loss due to power outages, damage caused by a waterbed leak and damage from perils named in the policy.

People who live on base should purchase renter's insurance even though the Air Force claims program covers part of the losses. People living on base are covered up to \$40,000 for damage to personal property caused by fire, flood or other "acts of God" and when the disaster isn't from negligence. The maximum payout per claim is \$40,000; however, that figure can be misleading. Don't depend on the Air Force to cover personal property.

The Personnel Claims Act is not intended to make the

United States a total insurer of personal property. Furthermore, the Air Force pays depreciated value, not "replace with new" value.

Renter's insurance may be purchased to provide replacement value coverage. Additionally, several items have a dollar cap within a claim such as:

- ✓ Clothing - \$3,500 per person 15 and older
- ✓ Computers - \$4,000 per claim, including software and peripherals
- ✓ Firearms - \$2,000 per claim
- ✓ Jewelry - \$1,000 per item (\$4,000 per claim)
- ✓ Toys - \$1,500 per claim, including electronic games and cartridges

Undervaluing personal property is another reason to consider purchasing renter's insurance. Walk through each room of the home and add up an estimated replacement price. You'll likely be surprised at that amount.

For more information, call Capt. Adam Slaughter at 687-6809. **(The 8th Air Force and 509th Bomb Wing legal offices contributed to this story.)**



File photo

**The heat from the fire melted the ceiling fan in Senior Airman Lisa Hall and Danielle Thomas's home. Renter's insurance helped them pay for clothes and other personal property lost in the January 2003 fire.**



Photo by Airman Ryan Wilson

## Legal eagles

Capt. Joe Imburgia and Matt Coakley, 509th Bomb Wing judge advocates, review Uniform Code of Military Justice punitive laws. Legal assistance hours are 8-10 a.m. Mondays and Tuesdays, and 1-3 p.m. Wednesdays and Thursdays. Notaries and powers of attorney hours are 8 a.m.-3 p.m. weekdays. The legal office is open 7:30 a.m.-4:30 p.m. weekdays.

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## CONTINUING THE LEGACY



Courtesy photo

Retired Tech Sgt. Andre Thomas and his wife, Heather, have eight children, three of whom are adopted. In 10 years, the former 509er said he has housed 18-20 foster children. Pictured left to right are Weslin; adopted son, James, his wife, Whitney, and their son, Jaxon; Anna-Leigh, Devin, Mr. Thomas is holding foster daughter, Lola; Cameron; Heather; Ena; adopted daughter, Alisha; and adopted daughter, Arran. Not pictured are other current foster children, Taten and Tierah.

## ‘A heart of gold’

*Retired 509er reflects on a decade of giving*

By Airman 1st Class Joe Lacdan

Public Affairs

Countless memories of boys and girls echo in the Thomas household in Concordia, Mo.

Some of those children stayed for a few days. Others stayed months. Some never left.

For 10 years, Andre and Heather Thomas have welcomed more than 20 foster children into their two-story 3,000-square-foot home. The Thomases rarely refuse a needy child. The couple discovered their love for children when a doctor told them they couldn't naturally conceive children. They decided to try adoption through their church's foster child service. The roots of Andre's generosity toward children can be traced back further.

Andre served as a missionary for the Church of Jesus Christ of Latter-day Saints from 1978-1981. Born and raised as a member of his faith, Andre grew up in the rural town of Payson, Utah, beneath the Wasatch Mountains, 60 miles south of Salt Lake City. As his faith taught, Andre grew up believing in family bonds and families remaining together. Andre said most of his family members lived minutes away and his family remains close today.

As a missionary, Andre experienced foreign culture for the first time when he traveled to South Korea in February 1978.

Later Andre moved back to Utah, where he helped South Vietnamese refugees find homes in the United States. He heard stories of South Vietnamese parents sending their children away on boats to escape communism. He heard of Malaysian pirates attacking and looting the boats. Andre said family separation was common in southeast Asia.

"Growing up in a small town, you're very sheltered," Andre said. "You don't really see the problems of the world. When you leave that small town and see all the people make bad choices in their lives, you see that those choices affect the children."

Shortly after his time as a missionary,

Andre's experiences in South Korea convinced him to take another calling: the military. He enlisted in the Air Force in 1981.

Andre didn't seriously consider adopting children until he met Heather, his wife of 21 years. She was planning to adopt before meeting Andre, and soon the couple became hooked on taking in foster children.

The Thomases adopted their oldest child, James, while Andre was stationed at the Pentagon. Then, unexpectedly, the couple defied nature.

The couple found they could conceive naturally when Heather became pregnant with their oldest daughter, Anna-Leigh, a few years later. Since then, couple conceived four more children, Weslin, 15, Devin, 13, Cameron, 10, and Ena, 7.

James, is now a 22-year-old college student majoring in criminology at Weber State University in Ogden, Utah. Anna-Leigh is an 18-year-old college freshman at Southern Virginia University in Buena Vista, Va. His other adopted children include Alisha, 15, who enjoys singing in her school's choir and Arran, 9, who likes reading. The couple currently houses three foster children, Lola, 2, Taten, 5, and Tierah, 3.

Already faced with a busy schedule as an active member of his community and church, Andre had to find ways to spend time with his growing family. The frequent additions to family weren't hard on just the parents. The couple's natural-born children had to share their rooms, toys and parents' attention.

"It takes a special breed of person," Andre said. "Not everybody can do it. It takes a lot of sacrifice on the part of the family."

After the birth of their first grandson, the couple has considered ending their decade-long passion. Andre chuckled that if another child comes along, it would be hard to say no with 10 children already living in the house. The Thomases once housed a pair of eight-month old twins.

"They have a heart of gold. I have never known them to turn down a foster child," said Tech. Sgt. Theresa McDaniels, 509th Bomb Wing. "I think that's their calling in life."



## Whiteman Spirit Award



**Senior Airman Jamey Ballew**  
509th Maintenance Operations Squadron

Senior Airman Jamey Ballew, 509th Maintenance Operations Squadron, received the Whiteman Spirit Award from Brig. Gen. Doug Raaberg, 509th Bomb Wing commander, Tuesday.

Staff Sgt. Adrienne Jackson, 509th Services Squadron, nominated Ballew for the award because he volunteered to play “Taps” at numerous funerals.

On Nov. 20 Whiteman’s honor guard was asked to perform an honors ceremony at Offutt Air Force Base, Neb.

“I couldn’t get anyone to play live ‘Taps’,” Sergeant Jackson said. “With less than 12 hours until the funeral, Airman Ballew volunteered and did an excellent job.”

Airman Ballew also volunteered on Dec. 16 because the scheduled person wasn’t able to play and he’s not even in the honor guard, Sergeant Jackson said.

“The families of the service member’s gave Airman Ballew a heartfelt thanks for leaving them with a lasting impression,” Sergeant Jackson said.

### Personally Speaking

**Duty title:** Database manager  
**Time on station:** 2 years  
**Time in service:** 6 years  
**Hometown:** Walterboro, S.C.  
**Spouse:** Jill  
**Children:** Megan, 9, Tyler, 4, and Ashlyn, 1.  
**Hobbies:** Golfing, bowling and playing pool.  
**Goals:** Set a good example for my kids and have a successful career in the Air Force.  
**Best thing about Whiteman:** The family support that Whiteman members give, especially for the families of those that are deployed.  
**What motivates your winning spirit?** My wife is my motivator. She’s always there for comfort and support.  
**If you could change one thing at Whiteman, what would it be?** I would have to add a rollerskating rink for the kids.

## Submitting a Whiteman Spirit Award

Individuals are nominated from within their units or by customers impressed by the individual making Whiteman a better place to live and work by going far beyond his or her assigned duties to “make it happen.”

If you know someone who has the Whiteman Spirit, send the nomination to the 509th Bomb Wing Public Affairs Office, Bldg. 509, Suite 111, or e-mail [whiteman.spirit@Whiteman.af.mil](mailto:whiteman.spirit@Whiteman.af.mil).

*Submitting*

**Civilian Employee  
of the Week**

To nominate a civilian employee,  
send an e-mail to  
[whiteman.spirit@whiteman.af.mil](mailto:whiteman.spirit@whiteman.af.mil).  
Be sure to include why this person  
is being nominated.

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Photos by Staff Sgt. Francesca Popp

## Sharing the crown

Left: The reigning Mrs. America, Heidi Dinan, reads to students at the child development center Jan. 23. Above: Mrs. Dinan crowns Katie Goeke, daughter of Tech. Sgt. Robert and Tiffany Goeke, 509th Contracting Squadron, during a visit to the CDC.

## Daedalians enjoy camaraderie

Retired Lt. Col. Clarence Hand of Kansas City spoke at the November Spirit Flight Order of Daedalians meeting.

Colonel Hand joined the Army Air Corps as an aviation cadet in July 1941 and received his pilot wings and commission as a second lieutenant in February 1942.

He flew more than 500 combat hours in B-24 Liberator missions over the Libyan and Tunisian desert, North Africa, Sicily, Sardinia, Greece and Italy. He crash-landed and was a prisoner of war with the Germans in Turkey from February through May 1943. He was repatriated in a prisoner exchange.

Colonel Hand returned to the states following his release and spent two years instructing B-24 combat crew training and transitioning into the B-29.

The Spirit Flight Order of Daedalians membership includes a mix of active duty and retired military pilots from Johnson County and the surrounding area. Speakers share stories of their experiences in World War I, World War II, Korea, Vietnam, recent conflicts and programs including the F-22. The group meets at 6 p.m. the third Thursday of each month at Mission's End.

Pilots from the 442nd Fighter Wing who were deployed in Operation Iraqi Freedom performing bare-base operations will speak at the Feb. 19 meeting.

The Order of Daedalians was formed after World War I by pilots leaving the military, but wishing to maintain friendships and camaraderie. The tenants for the Order



Courtesy photo

**Retired Lt. Col. Clarence Hand, stands in front of a B-26 Liberator display at the Spirit Flight of Daedalians meeting.**

of Daedalians are to place nation above self, and be worthy of the trust and confidence of a fellow Daedalian.

Active and former military pilots interested in becoming a member can call Maj. Paul Tibbets, 325th Bomb Squadron, at 687-2919. (Courtesy of Spirit Flight Order of Daedalians)



Photo by Senior Airman Shawn Clements

## That's a good idea

**Master Sgt. Jeffrey Nelson, 509th Maintenance Group, received an IDEA check for \$9,930. Sergeant Nelson's idea was a manual drive gear box for the rotary launcher assembly. The manual drive gear box allows maintainers to fix the RLA on the ground instead of replacing the whole thing. It will save the Air Force \$65,000 per RLA.**

## Clip and Save: When the weather turns bad, listen to these stations for base closures and delays.

### Kansas City Radio

KBEQ (104.3 FM)  
KFKF (94.1 FM)  
KPRS (103.3 FM)  
WDAF (610 AM)  
KMBZ (980 AM)  
KDUL (98.1 FM)

### Kansas City TV

KMBC Channel 9 (ABC)  
KSHB Channel 41 (NBC)  
WDAF Channel 4 (FOX)  
**Clinton Radio**  
KLRQ (96.1 FM)  
KDKD (1280 AM/ 95.3 FM)

### Warrensburg Radio

KOKO (1450 AM)  
KCMW (90.9 FM)  
KXXK (105.7 FM)  
KWJ (98.5 FM)

### Sedalia Radio

KDRO (1490 AM)  
KSIS (1050 AM)  
KSDL (92.1 FM)

Also tune into Channel 99 on base or visit <http://www.whiteman.af.mil>



## What's happening

### Education

For more details, visit <https://www.mil.whiteman.af.mil/509mss/educ/homepage.htm> or call 687-5750.

#### Scholarships available

Dependent children of Military members can apply for the 2004 Scholarships for Military Children program now through Feb. 18. Applications are available online [www.militaryscholar.org](http://www.militaryscholar.org). Applications are also at the Whiteman commissary. For more details, call Carol Lakey, at 687-5648.

### Community

#### BCC luncheon scheduled

The base community council luncheon begins at noon Thursday at Mission's End. The menu is chef's salad. The cost is \$8.50. Base members interested in attending can R.S.V.P. online at [bcc.rsvp@whiteman.af.mil](mailto:bcc.rsvp@whiteman.af.mil) or by calling 687-6151. The deadline is noon Monday.

#### New superintendent announced

The Knob Noster R-VIII School District Board of Education announced Monday that Margret Anderson will be the new Knob Noster School District superintendent. Dr. Anderson replaces Larry Ficken, who retires after 31 years of service. Dr. Anderson is currently the Sherwood Cass School District Superintendent in Creighton, Mo. Mr. Ficken is a base community council member.

#### FTAC seeks team leader

The First-Term Airmen Center needs a senior airman or staff sergeant to volunteer for a 90- to 120-day tour as a team leader beginning Feb. 9. A team leader supervises 150 or more new airmen. For more details, call Tech. Sgt. Dave Hodges or Staff Sgt. Callie Jacquay-Wilson at 687-6391.

#### ALS sets class 04-B events

✓ The airman leadership school class 04-B retreat ceremony begins at 4 p.m. Feb. 6 at the flagpole at Bldg. 509. Participants must be in place by 3:45 p.m.

✓ Reveille begins at 7:30 a.m. Feb. 10 at the ALS drill pad. Arrival time is 7:25 a.m.

✓ Graduation begins at 5:30 p.m. Feb. 10 at Mission's End. The speaker is Senior Master Sgt. Mark Clark, 509th Civil Engineer Squadron first sergeant. The meal is London broil with roasted potatoes, vegetables and peanut butter pie.

The cost is \$14.75 for members and \$16.75 for non-members. Attire is mess dress or semi-formal for military members, and coat and tie for civilians. Tickets are available from class 04-B members.

#### AADD meetings set

Airmen Against Drunk Driving members meet at 1 p.m. the first Thursday of the month in the professional development center. Current members or those wishing to volunteer are encouraged to attend. For more details or to volunteer, call Senior Airman Kelly Johnson at 687-4800.

### Family Support

Call 687-7132 for details on these events or other family support center activities. Events take place at the FSC.

#### TAP program available

A three-day transition assistance program for people separating or retiring from the military begins at 8 a.m. Tuesday. Attendees will learn basic resume writing skills, interviewing skills, salary negotiation and receive information on education and Veterans Administration benefits. Reservations are required.

#### WIC representative visits base

A WIC representative is available beginning at 8:30 a.m. Thursday. WIC includes nutrition education, health promotion and a supplemental food program to help women, infants and children who have nutritional needs. For more details, call the WIC office in Warrensburg at 660-747-2012.

#### Writing workshop available

A hands-on workshop that guides people through the resume writing process begins at 8 a.m. Thursday. Reservations are required.

#### Pre-deployment briefing set

A mandatory pre-deployment briefing for people who are deploying or going on a temporary duty assignment for more than 30 days begins at 1 p.m. Wednesday. Spouses are encouraged to attend.

# This space is reserved for advertisements



Photo by Airman Ryan Wilson

## Look into my eye

Airman 1st Class Seth Wilson, 509th Communications Squadron, performs maintenance on a surveillance camera. Airman Wilson is a visual imagery intrusion detection systems team member. The team maintains the base security sensors and surveillance equipment.

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advertisements**



Photo by Airman Ryan Wilson

## Here you go

Tina Brant, 509th Mission Support Squadron customer service representative, issues an identification card to a customer. The military personnel flight issues ID cards, manages records, and awards and decorations. The MPF is open 7:30 a.m.-4:30 p.m. Mondays, Tuesdays, Thursdays and Fridays, and 7:30 a.m.-5:30 p.m. Wednesdays.



# Chapel Corner

## Catholic

Mass — 5 p.m. Saturdays; 10:45 a.m. Sundays; and 11:30 a.m. weekdays

Confessions — 4:30 p.m. Saturdays and upon request

CCD — 9 a.m. Sundays

## Protestant

General worship — 9 a.m. Sundays

Gospel — 12:45 p.m. Sundays

Communion — 8:45 a.m. Sundays

Sunday School — 10:45 a.m. Sundays



## Menus

### Knob Noster Elementary School

**Monday:** Sloppy joe, corn, raisins and cake

**Tuesday:** Sub sandwich, vegetable soup, applesauce and Jell-O

**Wednesday:** Spaghetti, green beans, peaches and roll

**Thursday:** Chicken and rice, peas, pudding and apple

**Friday:** Bean burrito, salad, grapes and yogurt

### Whiteman Elementary School

**Monday:** Cheeseburger macaroni, broccoli, fruit and cake

**Tuesday:** Mr. Rib, salad, pork and beans, and pudding

**Wednesday:** Chicken patty, baked potatoes, salad, fruit and roll

**Thursday:** Hot dog, potato wedges, fruit and cake

**Friday:** Pizza, salad, corn and cobbler

Airmen Against Drunk Driving  
Call 687-RIDE or 877-518-6802



Photo by Senior Airman Tia Schroeder

## Squeaky clean

Airman Zak French, 509th Security Forces Squadron, disassembles and cleans the M-249 automatic rifle after his training class. Security forces members take this class two times a year.

Army Air Force  
**Hometown**  
**NEWS**

Did you know you can fill out a Department of Defense Form 2266, Hometown News Release, for a variety of accomplishments? For more details, call Staff Sgt. Francesca Popp at 687-6130.

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## SPORTS



Photo by Airman 1st Class Joe Lacdan

## Frigid finish

Wing members approach the end of the Warrior Run Jan. 23 on the flight line. The run marked the wing's first Warrior run of 2004. More than 500 Whiteman members braved the cold elements.



Photo by Airman 1st Class Joe Lacdan

## Whiteman hosts Special Olympics

Jerry Carter, 509th Maintenance Squadron, makes a call during a Special Olympics basketball game between the Sedalia Bulls and the Sedalia Thunderbirds. About 150 Team Whiteman members volunteered to help referee, keep score and cheer for the Special Olympics athletes. First Term Airmen Center students and 17 squadrons also sponsored the teams.

## Basketball standings

## Intramurals

Team	Wins	Losses
SFS	14	1
AMXS 1	12	5
MXS	10	6
MUNS	10	6
CES	10	6
CS	9	7
OSS	6	9
CPTS	6	10
CES/FD	4	11
AMXS 2	3	12
LRS	3	14

## Over 30

Team	Wins	Losses
FLYERS	7	0
442nd FW	6	0
OSS	5	2
BW/MSS/NAVY	4	4
CES	3	4
MUNS	2	4
LRS	2	5
MDG	2	5
SFS	2	6
SVS	1	4

## Bowling standings

Team	Wins	Losses
CES A	104	48
MXS A	98	54
MUNS	96	56
MDG	93	59
MOS	90	67
72nd TES	84	68
MXS B	84	68
SVS	82	70
MSS/BW	78	74
SFS	78	74
AMXS	76	76
CPTS	67	85
LRS	67	85
CES B	67	95
CES C	48	104

## Aerobics Schedule

**Mondays** — 6 a.m., 9 a.m., noon and 3:30 p.m. spinning; 11 a.m. tae kwon do, 6:15 p.m. yoga, and 5:15 p.m. pilates

**Tuesdays** — 5 p.m. turbo step

**Wednesdays** — 6 a.m., 9 a.m., noon and 3:30 p.m. spinning, 11 a.m. tae kwon do,

**Thursday** — 5:15 p.m. step interval

**Fridays** — 6 a.m., 9 a.m., noon and 3:30 p.m. spinning; 11 a.m. tae kwon do

Get fit,  
Stay fit  
in 2004





Services page editor.....Beth Ott  
509th Services Squadron.....687-4386

\*No federal endorsement of mentioned sponsors needed.

## Travel & Leisure

### Outdoor Recreation 687-5565

#### Wall climbing competition

Compete in the squadron wall climbing competition now until April 1. The total number of climbs by each participant and number of mile-high climbers will determine the awards. There's a \$10 entry fee for this event.

#### Rock climbing

Certified climbers can rock climb 5:30-9 p.m. today. A free certification course takes place 6-8 p.m.

#### Wall class

Take a wall climbing class 9-11 a.m. Feb. 7. Sign up at outdoor recreation for this free event.



7 p.m. Feb. 12

### Missouri State Fair Grounds at the Mathewson Center in Sedalia

The 2003 edition of Tops In Blue, "Soaring with Eagles," pays tribute to the proud history of the Centennial of Flight and 50 years of the Air Force Entertainment program. All are welcome to this free 90-minute event.

## Sports & Recreation

### Stars & Strikes 687-5114

#### Bonanza bingo

Play bonanza bingo during open hours at Stars & Strikes. Cards are \$1 each for participants 18 and older. Cash prizes will be given.

#### Breakfast hours

Weekdays 7-9:30 a.m.  
Saturdays 8:30-10:30 a.m.

#### Valentine's Day bowling special

Bowl 5-8 p.m. Feb. 14 at Stars & Strikes and your sweetie bowls free. One free game for every paid game and two-for-one shoe rentals.

### Fitness Center 687-5496

#### Spinning classes

##### Mondays and Wednesdays

6 and 9 a.m.,  
noon and 3 p.m. Endurance

##### Tuesdays and Thursdays

Noon Orientation class (completion required prior to taking Spinning)  
3 p.m. Mandatory fitness improvement program (available seats may be used by others)

##### Fridays

6 and 9 a.m.,  
noon and 3 p.m. Strength



## Community Activities



### Skills Development Center 687-5691

#### Clay sculpture class

Learn the art of clay sculpting at a three-session class noon-2 p.m. Feb. 14, 21 and 28 at the skills development center. There's a \$30 fee plus supplies. Sign up by noon the day before the class.

#### Clay coiling class

Learn the art of clay coiling at a three-session class 9-11 a.m. Feb. 11, 18 and 25 at the skills development center. There's a \$30 fee plus supplies. Sign up by noon the day before the class.

#### Jewelry making class

Learn to design and make precious metal clay jewelry 2-4 p.m. Feb. 14 at the skills development center. Make a gift your sweetheart will treasure for a lifetime. The \$25 fee includes instruction and supplies. Sign up by noon the day before the class.

#### Framing class

Earn your certification to cut single and double mats, assemble, cut glass and join a frame 9 a.m.-noon February 11 or 6-9 p.m. February 26. Students must bring a 5x7 or smaller picture to frame. The cost of \$40 includes supplies. Couples get certified for \$60.

### Community Center 687-5617

#### Cartooning class

Learn the art of cartooning 3-4 p.m. Feb. 14 and 28 at the community center. Participants must bring a sketch pad and a No. 2 pencil. There's no sign up deadline for this free event.

#### Super Bowl party and chili cook-off

Attend a Super Bowl party and chili cook-off at 4 p.m. Sunday at the community center. All are invited to prepare their best chili recipe to be judged while watching the game. Hot dogs, chips and drinks will be provided at this free event.

#### Bus trip to Osage Beach Outlet Mall

Shop for your valentine 10 a.m.-6 p.m. Feb. 7 at the Osage Beach Outlet Mall. There's a \$10 fee for transportation. Sign up by Feb. 6.

#### Table tennis tournament

All ages are welcome to compete in the singles table tennis tournament beginning at 2 p.m. Feb. 7 at the community center. Prizes will be awarded to first and second place. There's a \$3 fee for participants. There's no sign up deadline.

#### Gotta love those snakes

All are welcome to observe snakes and watch an educational video on the big screen 2-3 p.m. Feb. 14. There's no sign up deadline for this free event.

### Child Development Center 687-5588

#### Child care openings available

There are full-time openings for 3- to 5-year-olds at the child development center. This program is accredited through the national academy of Early Childhood Programs and licensed through the Department of Defense.



## Food & Fun

### Mission's End 687-4422

#### Valentines live maine lobster dinner

Take your valentine to a members-only dinner at 7 p.m. Feb. 14 at Mission's End. The \$100 couple fee includes 1.5 lbs live maine lobster, 6-oz. sirloin, crab cakes, salad, grilled artichokes, twice baked red potatoes, chocolate cheesecake with dipped strawberries and champagne. A glass of Rosemont Chardonnay wine, chocolate and roses will be given to the ladies. Make reservations by Feb. 6 at Mission's End.

### Teen Center 687-5819

#### Air Force Academy Aviation Camp

Apply for the opportunity to attend the Air Force Academy Aviation Camp June 4-11 in Colorado Springs, Colo. Beginning Sunday, teens in ninth and 10th grade can pick up an application at the teen or youth center. Applications must be turned in by Feb. 28. Selections will be announced April 1 by Air Force Services. Meals, lodging and activities will be provided. Selectees are responsible for transportation.

#### Be my valentine

Teens can enjoy dinner and a movie 4 p.m.-midnight Feb. 14 in Independence, Mo. There's a transportation fee of \$3 for members and \$5 for nonmembers for transportation. Bring money for movie and dinner. Sign up by Feb. 12 at the teen center.

#### Health night

Teens and their families can learn the benefits of healthy living and habits instead of dieting 6:30-8 p.m. Feb. 12 at the teen center. There will be a speaker and healthy treats. There's a \$1 fee for members and a \$2 fee for nonmembers. Sign up by Feb. 11.

### Youth Center 687-5586

#### Spring soccer

Register for soccer 6:30 a.m.-6 p.m. Monday through Feb. 20 at the youth center. This event is \$30 for members and \$38 for nonmembers. Late registrations will include a \$10 fee. Children must be 5 years old by Feb. 2 to be eligible. Current physicals and shot records on file at the youth center are required for participation.

#### Start smart soccer

Learn basic soccer skills with a parent 10-11 a.m. Wednesdays and Fridays beginning this Wednesday. Children ages 3-5 can join Start Smart Soccer with a \$20 fee for each parent and child team. Sign up by Feb. 3.

#### Fitness night

Children in kindergarten through fourth grade are welcome to attend fitness night 6:30-9:30 p.m. Feb. 6 at the youth center. There's a \$5 fee for members and a \$6.50 fee for nonmembers. The snack bar will be available. Sign up begins Feb. 2.

#### Valentine party

Children in kindergarten through seventh grade can watch a movie, make crafts, play games and more 6:30-9:30 p.m. Feb. 13 at the youth center. There's a \$6 fee for members and a \$7.50 fee for nonmembers. Cookies and punch will be provided.

### Family Child Care 687-5590/1180

#### Extended Duty Care

Register now for the extended duty care program. It is available to help parents meet child care requirements for extra duty hours and child care emergencies. Care is provided in a contracted, licensed family child care home to augment regular care arrangements. An application must be completed prior to participation. Call for more details.

## Whiteman Base Theater

### Friday

**Paycheck** 7 p.m. PG-13  
Starring – Ben Affleck & Uma Thurman

### Saturday

**Something's Gotta Give** 7 p.m. PG-13  
Starring – Jack Nicholson & Diane Keaton

### Sunday

**Mona Lisa Smile** 5:30 p.m. PG-13  
Starring – Julia Roberts & Julia Stiles

Adults \$3 Youth \$1.50  
Movie recording line 687-5110.

Movies are subject to change due to availability.  
For current and future movie listings log on to  
<http://www.aafes.com/ems/conus/whiteman.htm>.